

To date, New Jersey older adults have logged in 325,436 miles

- The average age of the *Live Long, Live Well* walker is 72
- 84% walked with a friend or a group
- 77% of the walkers were female
- 88% of *Live Long, Live Well* walkers said they increased their level of physical activity by utilizing the New Jersey Walking Program
- Twenty-seven walking clubs are listed for 12 of New Jersey's counties

County	Total Miles Walked to Date
Atlantic	3368
Bergen	22173
Burlington	96
Camden	905
Cumberland	192
Essex	1803
Gloucester	768
Hudson	463
Hunterdon	67772
Mercer	768
Middlesex	2632
Monmouth	4907
Morris	5729
Ocean	7256
Passaic	39760
Somerset	144293
Sussex	400
Union	19901
Warren	3884

***Live Long, Live Well* Statewide Older Adult Walking Program
Community Miles**

Organization Name _____

Contact Person _____ **Telephone** _____

Street Address _____

City/State ZIP _____ **County** _____

New walking group _____ **Previously established walking group** _____

Number of participants at start of walking program _____ **Number of participants completing program** _____

Participant Name	Age	Address	City, Zip	Total Distance or Steps	Beginning and Ending Dates for Walking

Participants over 50 who walk 30 minutes or more at least 4 days per week for 12 weeks will receive a New Jersey Walking Recognition Award from the New Jersey Department of Health and Senior Services (NJDHSS).

Fax or e-mail this form to NJDHSS at 609/943-3498 or susan.lachenmayr@doh.state.nj.us